



"THE BIRTHPLACE OF THE STATE OF NEW YORK"  
OFFICE OF THE MAYOR

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**FOR IMMEDIATE RELEASE**

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*The City of White Plains is excited and proud to once again be hosting the Mental Health Association of Westchester's outdoor mega yoga event: Get On Your Mat for Mental Health!*

## **MHA WESTCHESTER'S MEGA OUTDOOR YOGA EVENT: WEDNESDAY, JUNE 19 IN WHITE PLAINS**

**Just the ticket for a balmy summer evening, music to move to and yoga under the open sky.** On Wednesday, June 19, 2013, The Mental Health Association of Westchester's epic mega-yoga event, Get on Your Mat for Mental Health, will unfold on Court Street in White Plains, NY. Registration is at 6pm, leaving you time to explore the yoga marketplace and enjoy the global sounds of House of Waters. Class begins at 7pm with renowned yoga teacher and wellness expert **Sadie Nardini**. **Tao Porchon-Lynch**, the oldest living yoga teacher, according to the Guinness Book and this year's Athleta Athlete of the Year, will lead the opening meditation

**Mayor Thomas Roach** is looking forward to his second visit to the event, "Last year was such a fantastic experience. There seemed to be a smile on every face. We love the vibrancy that events like this one bring to our downtown and the message of mental health and wellness is certainly one I support completely."

**To register or for more details, visit [www.mhawestchester.org](http://www.mhawestchester.org). The first 500 registrants receive a free yoga mat and bag and a goody bag.** Registration is \$20 in advance, \$25 day of event and \$10 for little yogis under age 10. For more information, call 914-345-5900 ext 7511.

MHA is a community-based mental health agency that has been helping Westchester County residents for 67 years through direct services, professional and community education and advocacy. MHA supports 20,000 individuals annually through a comprehensive array of mental health services striving to help each individual to achieve their personal goals and to lead independent and healthy lives.

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